

Autopilot mode at work?



Signs

you should look out for

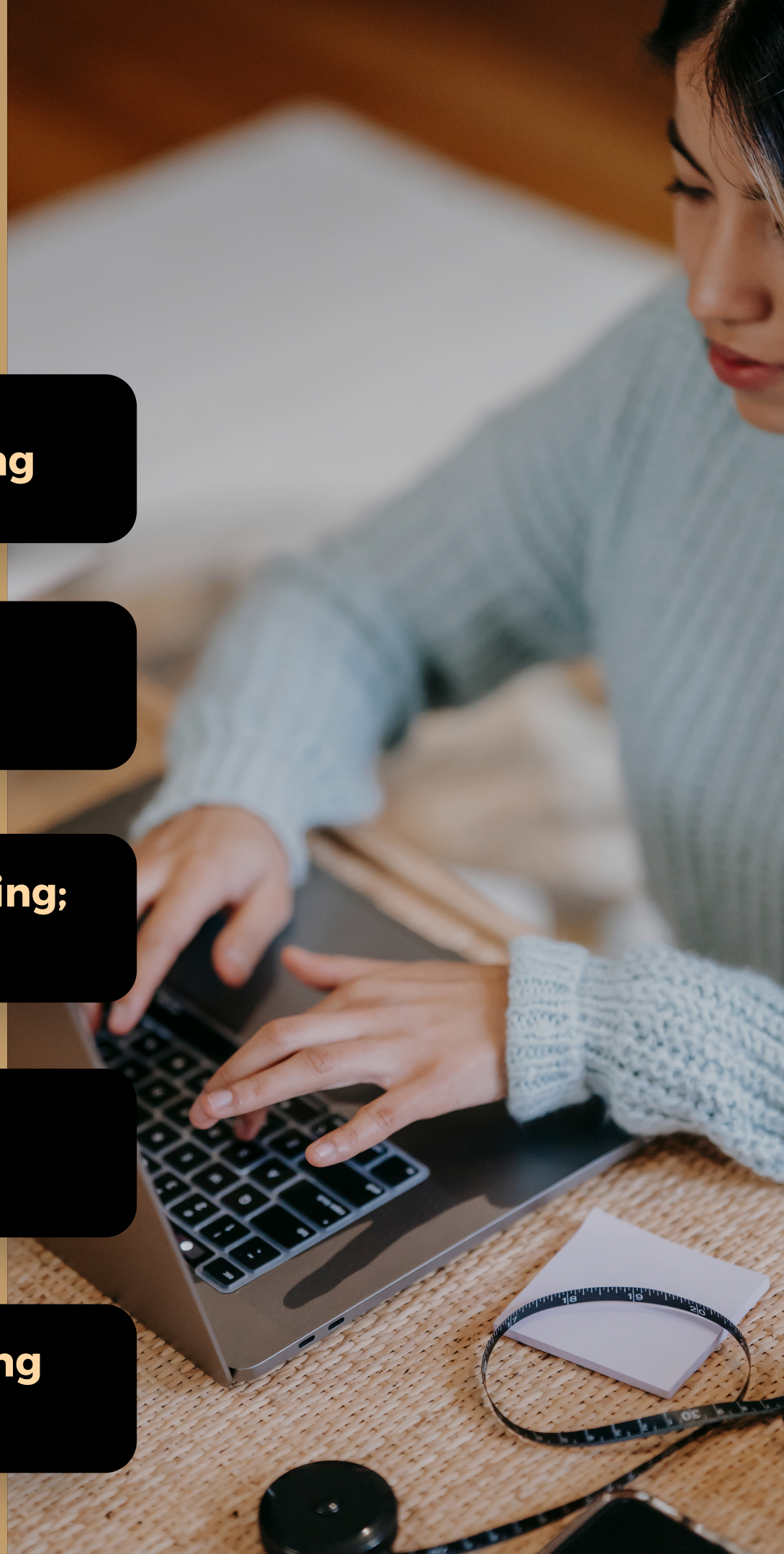
Work is not interesting

You don't feel alive

**You say "Yes" to everything;
then regret it**

**Screens are your
escape hatch**

**You find yourself asking
"Why am I here"?**



STOP and first support yourself!

Snap out of autopilot mode, Here's how



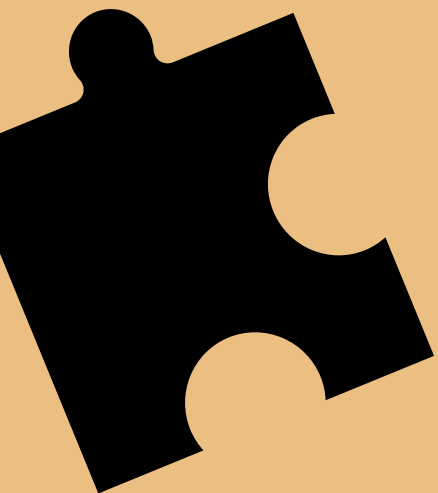
Change the routine

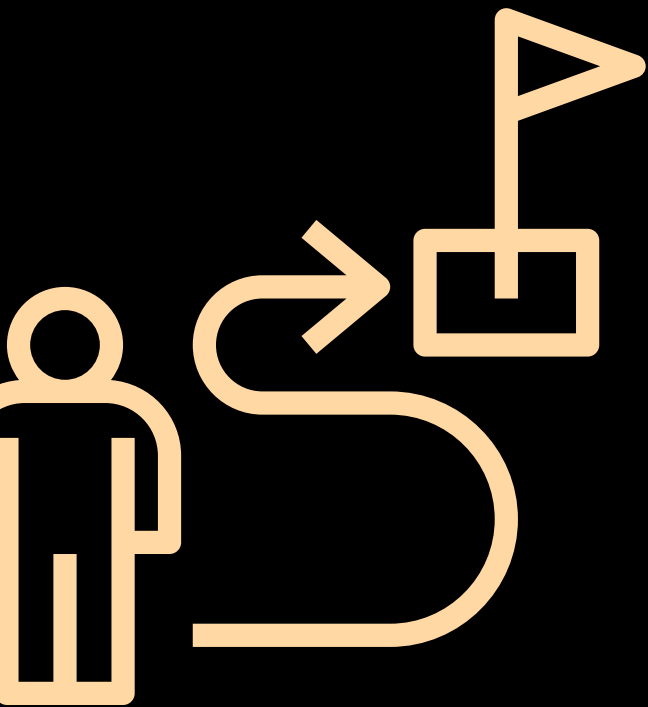
Changing one thing in your routine can help you stay out of autopilot. It may be taking a new route to work, learning a new tool, or chatting with a new colleague.



Discover your purpose

Ask yourself why you chose to be here? And what was the exciting part of this job? These questions will help you align your life with your purpose.



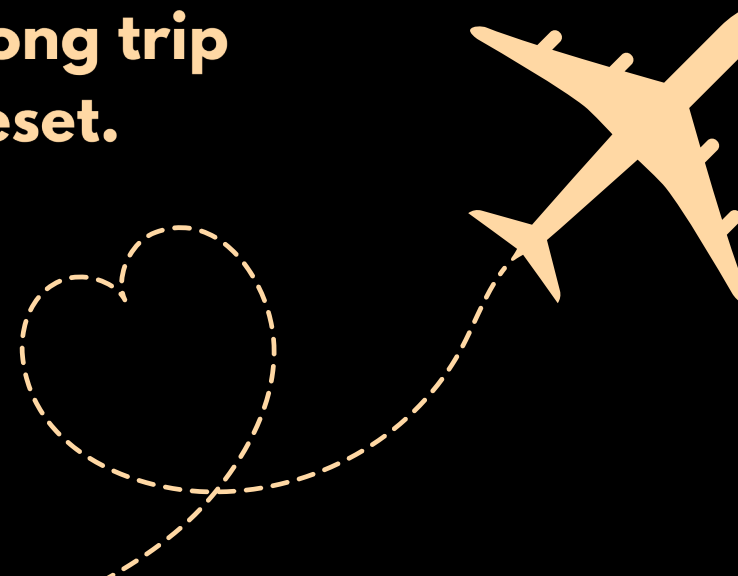


Set goals

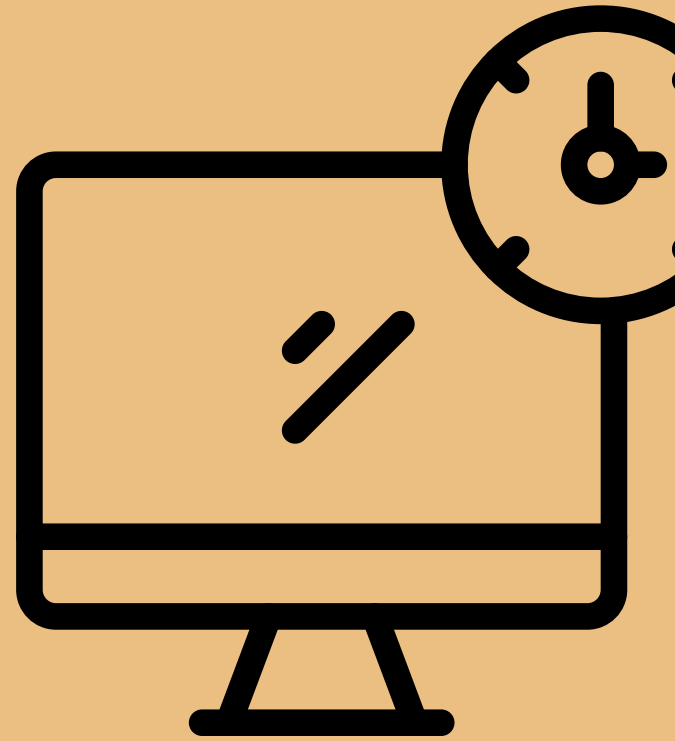
Your goals can be long or short term, big or small. But they will give you clarity about why you do what you do. Keeps your mind on the game.

Take that vacation

There is no right time to take a vacation. Taking breaks from your routine can help you get excited to come back. It could be a long trip or just a day off to lie in bed, rest and reset.



Stay aware of the screens you use



**Most sites have bottomless feeds.
And one can lose an hour without knowing how.
Ditto for TV or streaming. Check how much time
you spend on screens and reduce it if you can.**

Slow down

**Taking a moment to reflect will centre you.
You can do this by journalling, taking a
picture or even going for a walk.
Just be observant.**



How can your organization help?

Sign up with Wellbeing on the Web. We keep your employees in the moment with meditation, yoga, fitness sessions, webinars, and much more.

This can help your employees learn something every day and keep them from going on autopilot!



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



Finance guide



Newsletters



Self-assessments



Live classes



Articles



Videos



Webinars